

ABSTRACT OF THE DISCLOSURE

An initialization method in which a phase change optical recording medium is initialized with a laser beam having a power density of from 15 to 22 mW/ μm^2 at a linear velocity of from 8 to 12 m/s. The phase change optical recording medium is formed of a transparent substrate having a guide groove on the surface thereof, a first protective layer, a recording layer, a second protective layer and a reflective layer. The recording layer material may be represented by the following composition formula: $\text{Ag}\alpha\text{X}\beta\text{Sb}\delta\text{Te}\epsilon\text{Ge}\gamma$, wherein X is at least one of Ga, In, Tl, Pb, Sn, Bi, Cd, Hg, Mn, Dy, Cu and Au, and α , β , δ , ϵ , and γ have units of atomic % and satisfy particular relationships.